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Health & Wellness *solutions*

NEWSLETTER FOR JOB CORPS HEALTH & WELLNESS STAFF

Giving Back to the Community

How do children come to recognize the value of what they learn in school? For many young people this remains a mystery until they become adults, but not for students at Redondo Elementary School in Homestead, Florida. On Tuesday, April 26th, 36 second graders visited Homestead Job Corps Center as part of the Kids and the Power of Work (KAPOW) program organized by Learning for Success, Inc. in collaboration with Miami-Dade County Public Schools. In this unique program, teachers and business volunteers collaborate to teach lessons that connect classroom learning with workplace experiences and expose students to career options. The KAPOW program helps teachers integrate job skills into lessons in reading, math, science, social science, writing, art, and technology. Students also learn the importance of workplace necessities such as teamwork, positive work habits, and decision making.

During a recent visit to Homestead JCC, the elementary students paired up with Job Corps students to tour the Homestead Job Corps Center then spent time in the Health and Wellness Center. The elementary students asked questions of the center's Dentist, Katia Puente, DMD and listened to a presentation by the dental staff, Gloria Beltran, Dental Hygienist, and Noelvys Hernandez, Dental Assistant. The oral health staff discussed brushing and flossing, how diet affects teeth, how healthy teeth and gums should look, and careers in oral health. Students viewed the dental equipment and instruments and were allowed to touch the instruments. Proper flossing and brushing techniques were demonstrated using a replica of a set of teeth and a large toothbrush. Students asked the staff which subjects they had to study to work in the dental field, how much they have to work, if the work is hard, and whether they enjoy their work. Each student was given a goody bag containing floss, toothpaste, a toothbrush, and literature on dental health to share with their family. When they interviewed the nursing staff, they again asked what subjects nursing students study to become nurses. Students were then able to state the subjects studied in their science class which nurses had to study and use daily in patient care such as the five senses, the skeletal system, the lungs, and the heart.

Over the course of the day, the elementary students interacted with staff and students in the Business Technology classroom, and learned about 14 different trades in the Career Technical Training facility. The entire center benefited from this program. Center staff loved sharing information about their various jobs within Homestead Job Corps Center and giving advice on what it takes to be successful in the work world. Job Corps students enjoyed showing the students around center. The center also received recognition in the local paper for giving back to the community.



Homestead JCC student, Jumesha White, takes Redondo Elementary students on a center tour.

Gloria Beltran, Dental Hygienist (l) and Noelvys Hernandez, Dental Assistant (r), answer student questions.



Not Your Mother's Drugs

Bath Salts: The Latest Designer Drug

— Diane Tennes, PhD, Lead TEAP Health Specialist

Young people in Minnesota made national news on March 16, 2011 when a 19-year-old male died and ten of his friends (ages 16 - 21) were hospitalized after using 2C-E (a synthetic hallucinogen). The abuse of synthetic drugs has been increasing in the United States, especially in the last 12 months. Bath salts are among the newest designer drugs. Poison centers have reported increased numbers of calls about this synthetic stimulant, and states including Minnesota, Kansas, Louisiana, and Florida have banned possession of the drug. (Kansas was also the first state to ban synthetic cannabinoids.) At this time, there is no federal law prohibiting their sale, although the Federal Drug Enforcement Agency is reportedly considering a federal ban. The European Union banned bath salts in April 2010.



These products are sold in the same retail outlets that previously sold synthetic cannabinoid products and are readily available via the Internet. They are sold under brand names Ivory Wave, Bliss, White Lightning, and Hurricane Charlie. According to the US Department of Justice, retailers sell bath salts in 50 to 500-milligram packets with prices ranging from \$25 to \$50 per 50 milligrams. Packaging typically includes the popular 'not for human consumption' disclaimer. Bath salts are similar in name only to bath salts available in bath and beauty product stores. The combination of the disclaimer and the bath salts label exempts these substances from regulation unless specific legislation is passed.

Preliminary testing indicates that the active ingredients in bath salts are MDPV (methylenedioxypyrovalerone) and/or mephedrone (4-methylmethcathinone or 4-methylephedrone), which are synthetic stimulants. Users typically inject, smoke, or snort the drug. The effects last 3-4 hours and users report strong cravings to rapidly re-dose with the drug. Symptoms are consistent with those associated with stimulant use including agitation, extreme energy, paranoia, rapidly heart rate, high blood pressure, and hallucinations. Also of concern is the rapid onset of suicidal ideation which lingers for several days after the stimulatory effects of the drugs have dissipated. In the United Kingdom, where these products have been available for several years, there have been reports of accidental deaths from over exposure and suicides.

Most commonly, users are adolescents and young adults with an extensive history of drug abuse. Use of bath salts poses clear health risks and also interferes with student's ability to complete the Job Corps program and find employment. TEAP Specialists may want to consider asking new students about their use of synthetic drugs and incorporate this information into TEAP groups. Continued collaboration with the disciplinary system remains necessary as the mechanisms already exist to address the behavioral infractions associated with designer drug use (such as possession of paraphernalia or the packaging associated with these drugs). Hopefully, like other designer drugs which have come and gone, this drug will have a short life span.

Reference:

12/17/2010 Drug Alert Watch: Increasing Abuse of Bath Salts. <http://www.justice.gov/ndic/pubs44/44285/sw0010p.pdf>.

Designer drug 2 C-E: "concerning trend" for teens. CBS News. Retrieved on July 7, 2011 at: <http://www.cbsnews.com/stories/2011/03/18/earlyshow/living/parenting/main20044667.shtml>.

Have an idea for a newsletter article? E-mail Julie Luht, julie.luht@humanitas.com, to share your story or resource.



Bring *CAM* to Your Center

Nearly 40 percent of American adults practice complementary and alternative medicine (CAM) including acupuncture, chiropractic manipulation, deep breathing exercises, Reiki, guided imagery, massage, meditation, Pilates, yoga, naturopathy, qi gong, and tai chi. Of these therapies, use of natural products is the most popular (17.7 percent), followed by deep breathing (12.7 percent) and meditation (9.4 percent) (Barnes, 2008). Alternative therapies have been the subject of many recent research studies:



- Yoga has been found to decrease heart rate and blood pressure, reverse the negative impact of stress on the immune system, decrease inflammation, decrease anxiety, and increase feelings of emotional, social, and spiritual well-being. In nearly all areas, yoga provides equal or greater health benefits than fitness activities (Ross, 2010).
- After participating in an alternative group therapy session that included meditation, 100 percent of patients suffering from both diabetes and depression returned to a normal level on a depression inventory. Only 65.6 percent of patients traditionally treated for diabetes and depression returned to a normal level (Rungreangkulkij, 2011).
- An 8-week study found that meditation can affect regions of the brain that are associated with sense of self, empathy, muscle control, stress, and memory. The positive effects of meditation lasted throughout the day (Kerr, 2011).

How to bring CAM to your center:

- Before starting any CAM activity, research and learn proper techniques; seek support from local CAM practitioners to augment center resources.
- Start easy. Teach students deep breathing exercises. Prompt them to focus on their breath. Encourage students to acknowledge thoughts in a non-judgmental way and return their focus to their breath.
- Teach progressive relaxation techniques. This can be a relaxing way to begin a class or a group and teaches students a skill that might help them sleep better. Start by having students get in a comfortable position. Have them tense their feet on an inhale, squeeze, and then relax on the exhale. Move to the calves and gradually up the body, out to the arms and hands, then to the face. End with a full body tense and release.
- Buy a few yoga or Pilates videos or invite a local instructor to demonstrate proper techniques.

Now, take a deep breath and relax.

References:

Barnes PM, Bloom B, Nahin R. *CDC National Health Statistics Report #12*. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

Kerr CE, Jones SR, Wan Q, Pritchett DL, Wasserman RH, Wexler A, Villanueva JJ, Shaw JR, Lazar SW, Kaptchuk TJ, Littenberg R, Hämäläinen MS, Moore CI. (2011). Effects of mindfulness meditation training on anticipatory alpha modulation in primary somatosensory cortex. *Brain Research Bulletin*. Epub ahead of print.

Ross, A. & Thomas, S. (2010). The health benefits of yoga and exercise: a review of comparison studies. 16(1): 3-12.

Rungreangkulkij, S., Wongtakee, W., & Thongyot, S. (2011) Buddhist group therapy for diabetes patients with depressive symptoms. *Archives of Psychiatric Nursing*. 25(3): 195-205.



Let's Be Positive

— Suzanne G. Martin, PsyD, MPH

If we accept that our thoughts influence our feelings and behavior, then by developing and maintaining a positive mindset, we can improve our health, quality of life, and interactions with coworkers, students, and family members. To get started:

- **Be aware of your thoughts.** Choose a quiet spot to just sit and observe what goes on in your mind.
- **Recognize your negative thoughts.** Some of our negative thoughts are really deep beliefs about life ("You can't trust anyone"). Don't be at the mercy of your emotions. Use them to know yourself better and understand which thoughts and beliefs feed chronic feelings of fear, depression and anger.
- **Trade your negative thoughts for positive ones.** You can only think of one thing at a time, so if you think about something positive, there is no room for negativity.

You can be supportive of yourself and take the necessary steps to positive thinking by silently repeating positive affirmations ("Yes, I can!"), positive stories, or by visiting positive thinking websites, such as <http://www.positivethinking-toolbox.com/>.

Maintaining a positive attitude in the face of adversity is the formula for resilience. Sometimes, it is not easy to keep a positive attitude. Life throws us all kinds of challenges. Just when you think you have it all under control, something new comes up. That is when it helps to have positive cues. For instance, you may have a special list of affirmations pasted on the wall in your office, so that you can read them when you come in each morning. Or you may have a funny poster or a sign that reads "Lighten up!" You can also make up your own affirmation cards to carry with you.



Start with yourself this quarter and model your positive attitude. Next quarter, learn how to help students find their own positive attitude and resiliency.

New Releases

New Eating Disorder Guidelines for Primary Care

The Academy for Eating Disorders (AED) recently published new guidelines for detecting and managing eating disorders in a primary care setting. According to Mark Warren, MD, AED task force co-chair, "Eating disorders are generally first picked up in primary care physicians' offices, but there is very little training in recognition, detection, diagnosis, and treatment of eating disorders in either medical school or residency." The publication contains signs and symptoms, early recognition, comprehensive assessment information, refeeding syndrome, goals of treatment, timely interventions, and information on ongoing management. View the link under publications on the AED website at <http://www.aedweb.org>.

Goodbye MyPyramid . . . Hello MyPlate

There's a new shape in town. The often criticized MyPyramid has given way to MyPlate. MyPlate makes choosing healthy foods easier by providing a color-blocked replica of an ideal meal. The new system provides quick tips like make half of your plate fruits and vegetables, drink water instead of sugary drinks, and avoid oversized portions. Learn more about MyPlate at: <http://www.choosemyplate.gov>.



Safety in the Sun

Use the Safety in the Sun flyer (attached at end of newsletter) to educate students on some of the not-so-fun aspects of summertime. Place the flyer in the Health and Wellness Center, dorms, and classrooms.



Resource Corner

Medical

‘Waist Management’ an Important Part of Every Man’s Health, Says ADA. Available at: <http://www.eatright.org/Media/> click on the press release dated June 15, 2011.

Development of 2010 Dietary Guidelines for Americans Consumer Messages and New Food Icon. Background information on MyPlate is available at: <http://www.choosemyplate.gov/downloads/MyPlate/ExecutiveSummaryOfFormativeResearch.pdf>.

Mental Health

Let’s Talk Facts Brochures. Available for download or to order at: <http://www.healthyminds.org/Functional-Library/brochures.aspx>

Substance Use

Adolescent Substance Use: America’s #1 Public Health Problem. Nine out of 10 Americans who meet the medical criteria for addiction¹ started smoking, drinking, or using other drugs before age 18, according to a national study by The National Center on Addiction and Substance Abuse (CASA) at Columbia University (June 29, 2011). Read or download the report at: <http://www.casacolumbia.org/templates/NewsRoom.aspx?articleid=631&zoid=51>.

FDA Reveals Bigger, Graphic Warning Labels for Cigarette Packages. Available at: <http://www.cnn.com/2011/HEALTH/06/21/cigarette.labels/>.

Young Mothers: How Many Use Cigarettes, Alcohol, and Marijuana? Available at: http://www.samhsa.gov/samhsaNewsLetter/Volume_19_Number_2/YoungMothers.aspx.

Oral Health

Free publications from the National Institute of Dental and Craniofacial Research. Available at: <https://www.nidcr.nih.gov/orderpublications/>.

General

Creating Healthy Opportunities: Conversations with Adolescent Health Experts. Read and listen to nationally recognized persons who have committed time and resources to improving the health status of adolescents throughout the United States. Available at: <http://www.aap.org/sections/adolescenthealth/HealthyOppIntro.cfm>.

E-mail your comments or suggestions to Carol Abnathy, National Health and Wellness Manager, abnathy.carol@dol.gov.

We have designed these tools with you in mind and we are always open to making a good thing better.



Safety in the Sun

Keep your summer days fun by avoiding these common summertime health issues:

Dehydration and Heatstroke

How to avoid:

- Keep water or a sports drink with you whenever outside and drink it constantly.
- Avoid exercising outside during the hottest part of the day.
- If you are going for a run, bring a water bottle filled with ice water and a few dollars in case you need a refill.



Drink at least one water bottle an hour if you are out in the heat.

What to do:

- If you start to feel really thirsty, lightheaded, sick to the stomach, or get a headache, go indoors immediately and drink water.
- If a friend becomes confused or starts to hallucinate, seek help from Health and Wellness or another staff person immediately.

Mosquito Bites

How to avoid:

- Use an insect repellent.
- Wear as much clothing as you can stand in the heat.
- Avoid sitting outside at sunset (dinner time for mosquitoes).

What to do:

- Use an icepack to stop itching.
- Visit Health and Wellness during open hours for some lotion to stop the itch.
- Mosquitoes carry a disease called West Nile virus. If you have a fever, headaches, body aches, nausea, and/or a rash on your chest, stomach, and back, visit the Health and Wellness Center.

Poison Ivy

How to avoid:

- Stay away from plants with three leaves. Remember “Leaves of three—let them be.”
- Stay on the path when hiking.

What to do:

- If you breakout in a rash after outdoor activities, visit the Health and Wellness Center during open hours for a cream to stop the itching.



In addition to 3 leaves, check for the notch in the leaf.